



Time and tide

From the Cumberland plains of western Sydney, through to the clamour of Circular Quay, there is plenty of Sydney's history to explore. Just as they have over three centuries, bicycle riders can appreciate the fine-grained mixture of old and new and have the time to stop, look and take it all in.

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7 City back lanes



Here's your chance to re-create a journey not taken for decades—the path beaten by the night-soil carters, or “dunny men” as they were affectionately known. All those narrow back lanes that exist as a parallel universe to the frenetic main streets were once the night-time haunt of burly blokes in blue singlets. They scurried to the backyard dunnies, hoisting cans of excreta to be deposited in the horse-pulled night cart waiting out the back. Well you wouldn't want the contents spilling on the hallway Axminster would you? Horse-drawn carts gave way to motorised carts, which in turn gave way to the sewer, and the backyard dunny gave way to the en suite. But the myriad of back alleys and lanes still provide the perfect opportunity for riders to permeate through the asphalted congestion unnoticed and unfettered. Travel along the narrow corridors to emerge at familiar roads from an unfamiliar viewpoint.

A couple of the lanes require you to walk to avoid riding contra-flow, while still achieving the most direct and flat route. With a fresh council approach, the traffic engineers are embracing the most exhilarating and pollution-



At a glance

Type of ride: short distance but be prepared for anything! Mainly quiet back lanes but some major road crossings and busy intersections; 8km and 2-3 hours

Getting there and back: For CityRail services to Kings Cross change at Town Hall. At Kings Cross, catch the lift up from platforms to concourse then escalator to street level (Darlinghurst Rd). At Central for CityRail trains catch lift up from the Eddy Ave concourse to platforms to the Airport, East Hills, Western and Bankstown lines, or lift/escalator down to the Illawarra/South Line.

Ride connection: a short detour to the hip and groovy Danks St galleries—left at Bourke St, thru the lights then right into Danks, right again to Young (footpath job here) to join the route one click later at Cooper St

Best time: Sunday for a quiet ride without much traffic, mid-week afternoon to see all the action, mid-week evening for the dunny men experience

Food: plenty of options at Woolloomooloo, along Oxford St (e.g. cafés where Riley St meets Oxford), Devonshire St, Danks St area

Enjoy: narrow back lanes snaking through the city hustle, discover back-street haunts

Watch out for: delivery vans along narrow lanes, pedestrians, big rats!

free way to get about in the inner city. Now there is the prospect

Ride 7 City back lanes

A myriad back alleys and lanes still provide the perfect opportunity for riders to permeate through the asphalted congestion unnoticed and unfettered



of riding contra-flow, more bike lanes, less car traffic and a whole lot more fun. Join Bicycle NSW (see p?? for details) and help make it happen! Starting at Kings Cross, which is a hive of activity regardless of the time, the route zigzags down through back lanes to Woolloomooloo. The “Loo”, as it is known locally, used to be mud flats at the head of its bay, but infilling since European settlement provided the flat land that is now Forbes St and Bourke St. Try a detour right down to the end of the Finger Wharf, where there are a few nice pubs and cafés along the way, and up-market nosheries along the wharf itself. The Forbes St area was redeveloped for community housing in the Whitlam era and now provides a quiet and shady reprieve from



the busy streets of the inner city. Climbing up to Oxford St gives you a wheelie good bin-view of the behind-the-scenes workings of this cosmopolitan strip, and gives you a chance to see some of the City's new bike lanes on Bourke St.

At Taylor Square there is less congestion due to the Bourke St closure, and the space has been renovated. But alas, the palms are gone forever, replaced by ubiquitous steel and granite that is oft the way with low-maintenance streetscapes. Squeezing through Surry Hills you can almost hear the clink, clink, slurp, slop of the cans being emptied, the screech of cats sparring in the narrow lanes and the clip-clop of horse and cart. Once you cross South

Ride 7 City back lanes

- 0km** **Kings Cross Station**
- EXIT to Darlinghurst Rd **50m** ped X'ing
 - Brougham La McKelhone St
 - Sydney Pl Stephen St
 - Woolloomooloo**
 - Forbes St (landscaped street)
 - Cathedral St
 - L to Bourke St bike lane
 - William St (as pedestrian) at lights
 - Bourke St for **250m**
 - O' Briens La (at pocket park)
 - Palmer La Berwick La
 - Liverpool La Seale St
 - L Yurong St Norman St
 - Riley St
 - R Foley St (contra-flow for first **50m**)
 - 250m** Bourke St through plaza
 - Oxford St at lights to plaza
 - Oxford St & Taylor Square**
 - Bourke St for **60m**
 - Linden La Maiden La
 - Short St Clare St
 - Mary Pl Floods Pl
 - Albion St to other side for **30m**
 - R Hutchison St L Hutchison Pl
 - R Fitzroy La Sandwell St L Farnell St
 - Fitzroy St to Marshall St
 - L Phelps St R Phelps La
 - past pocket park
 - L Arthur St
 - 4km** **South Dowling St**
 - Sth Dowling St at lights
 - Moore Park**
 - R Moore Park cycleway for **350m**
 - X Cleveland St at lights for **600m**
 - cross cyclebridge thru gardens
 - L Bourke St **200m** Danks St
 - R Yurong St footpath
 - R Phillip St
 - L Baptist La
 - L **400m** Boronia St R Young La
 - L Cooper St R Walker St
 - at lights to Wilton St
 - R Belvoir St
 - Belvoir St Theatre (50m on left)**
 - L pathway through Ward Park
 - L Devonshire St **30m** Little Riley St
 - L **500m** Fitzroy St L Waterloo St
 - R Belmore La L Mary St
 - R Foveaux St
 - at lights to station entrance
 - 8km** **Central Station**

Ride 7 City back lanes



Dowling Street you soon break out into the greenery of **Moore Park**. As you cross Cleveland St, marvel at the refurbished shared path leading to the Sydney Cricket Ground and Centennial Park. Lobbying for the repair started in the late 1980s by the then Bicycle Institute of NSW—but now riders are in “fields of Clover” so to speak as the City upgrades and connects the path network! Before too long you are back into the flatter and longer lanes and galleries of Waterloo. Rising back into Surry Hills, take the opportunity to watch some drama at **Belvoir Street Theatre**, or have a break at Ward Park. Here you can watch the city life pass by, and unit residents play on the grassy sward. The final zigzag down to Central Station uses a

back street route that may soon be developed as part of the latest round of bike “plans”. Perhaps history will come full circle?

Spare Parts

Maps/reference: *Bike-it!* Sydney maps 29, 30, 37; RTA map *Sydney and Parramatta*; Sydney maps 55-56, 65-66; UBD maps 3 & 6; City of Sydney Historical Walking Tours brochures (set of 6 themes)

Cafés and eateries: Even though the cute shop-front painted aquarium scene has disappeared, the “Fresh Cooked Fish” and hamburger shop cnr Forbes and Cathedral Sts, Woolloomooloo could be the place to snack and gain some calories for the hill climb ahead. A slight detour right to the cnr Baptist St and Telopea St will take you to The First Drop Café, open Tuesday-Sunday till 5pm. Plenty of café fare at Stanley St, centered on Bill & Toni’s at 74

Ride 7 City back lanes



Stanley St, and Zante Cafe 2/1 Foveaux St homeward-bound for some choice sandwiches and salads by all accounts.

Woolloomooloo: the low-lying former docklands area east of the city has had a colourful past. The area was largely tidal mudflats until filled. It was a working class place relating to the docks, including the Woolloomooloo Finger Wharf. This is the longest wooden structure in the world, now lovingly preserved and largely off-limits to the steerage class. Gentrification has brought an influx of swanky apartments, but fortunately there are still areas (such as the lanes around Forbes Street) where the shriek of children racing around can be heard and washing on the line observed.

Moore Park: Moore Park is a large chunk of the Centennial Parklands, wedged between South Dowling St and Anzac Pde. As well as the acres of grass to roll around on the place caters for golf, cultural events and regionally-based amateur sporting groups. Masterplans for the park have

been completed and these proposed an improved network of pedestrian and cycle pathways, including the construction of a pedestrian/cycle overpass over Anzac Pde to connect with Federation Way and Centennial Park (Moore Park South Masterplan, Spackman Mossop, 2002). All we can hope is that it doesn’t take as long as the footpath upgrade asked for by the Bicycle Institute! There is a fine rotunda worth a visit at the northern end of Moore Park, constructed in 1909, and recently restored. See www.cp.nsw.gov.au

Belvoir Theatre: there are plenty of theatres in the city but this one seems to fit the back-street ambience. As strong and long-lasting as your trusty Araldite, the place was developed through a unique legal blending of Company A (owning the building etc.) and B the performers. This apparently avoided the problem of going out backwards through a box office crash (which happened to the former Nimrod Theatre) and thus provides us with the neatly eponymous *Company B*. The Theatre was established in 1984 when a large collection of celebrities from the entertainment industry donated funds to buy the place. See the full story and what’s on show at www.belvoir.com.au T 9699 3444

Markets: Kings Cross Rotary Markets, El Alamein Fountain, Fitzroy Gardens, Sundays 10am to 4pm and also at the same place the Kings Cross Organic Food and Farmers’ Market, Saturdays 8am-2pm; Farmers Market Taylor Square, Saturdays 8am-1pm; Surry Hills Markets, 1st Saturday of the month 7am-4pm, cnr Crown St and Collins St, Surry Hills

Public toilets/water: Kings Cross station (ticketed area of concourse); Moore Park sth side of Cleveland St; Central station (at Suburban Trains concourse); Prince Alfred Park.



8 Parramatta to Sydney Olympic Park

This ride encapsulates Sydney's diversity and reflects its chaotic history. It passes through the population heart of Sydney, starting with the First Fleet Governor's gardens and pleasure grounds, to conclude 20km and half a day later at the 3rd millennium's equivalent: the world-class riding venue and parklands of Sydney Olympic Park (or SOP for short). The reasonably gentle riding traverses the upper reaches of the Parramatta River that leads into Sydney Harbour,

a river valley drowned by rising sea levels in previous millennia. For thousands of years this region was home to the Burramattagal peoples of the Eora Nation. In half a day's ride you will cover topography once forested with clay-plain woodlands, turpentine-ironbark forest (east of Rosehill) and estuarine wetlands (fringing Homebush Bay). The region now bustles with over half a million residents, industry, interconnecting freeways, roadways, lanes, railways and



At a glance

Type of ride: 20km of easy riding with many stopping points. Mix of quiet back streets, through parks, some busy roads and superb cycling in Sydney Olympic Park

Getting there and back: Take the Western and Blue Mtns services for Westmead station (lift up from platforms to concourse, ramp down to street level). Depart via Olympic Park station for connecting services at Lidcombe (seven days) and Strathfield (weekdays only). RiverCat and ferries from Olympic Park Wharf upriver to Parramatta and downriver for stops along the way to Circular Quay.

Ride options: start at Parramatta or Harris Park CityRail stations to shorten the ride (but miss out on Parramatta Park). Plenty of alternate routes once in Sydney Olympic Park (over 40km of on-road and off-road cycleways)

Best time: spring to see flowers in the historic gardens, weekend to see the events in SOP and avoid any truck traffic, mid-week to see all the action. Allow 6 hours

Worst time: first week in December when there is the lock down in the central area for the V8 car racing

Food: Parramatta Park, Elizabeth Farm Tearooms and Sydney Olympic Park.

Enjoy: riding through Australia's history; explore a world-class park and cycling venue

Watch out for: the climb up and down the Thackeray St "bridge" (those with long arms may be able to wheel their bikes on the ledge to the side of the steps)

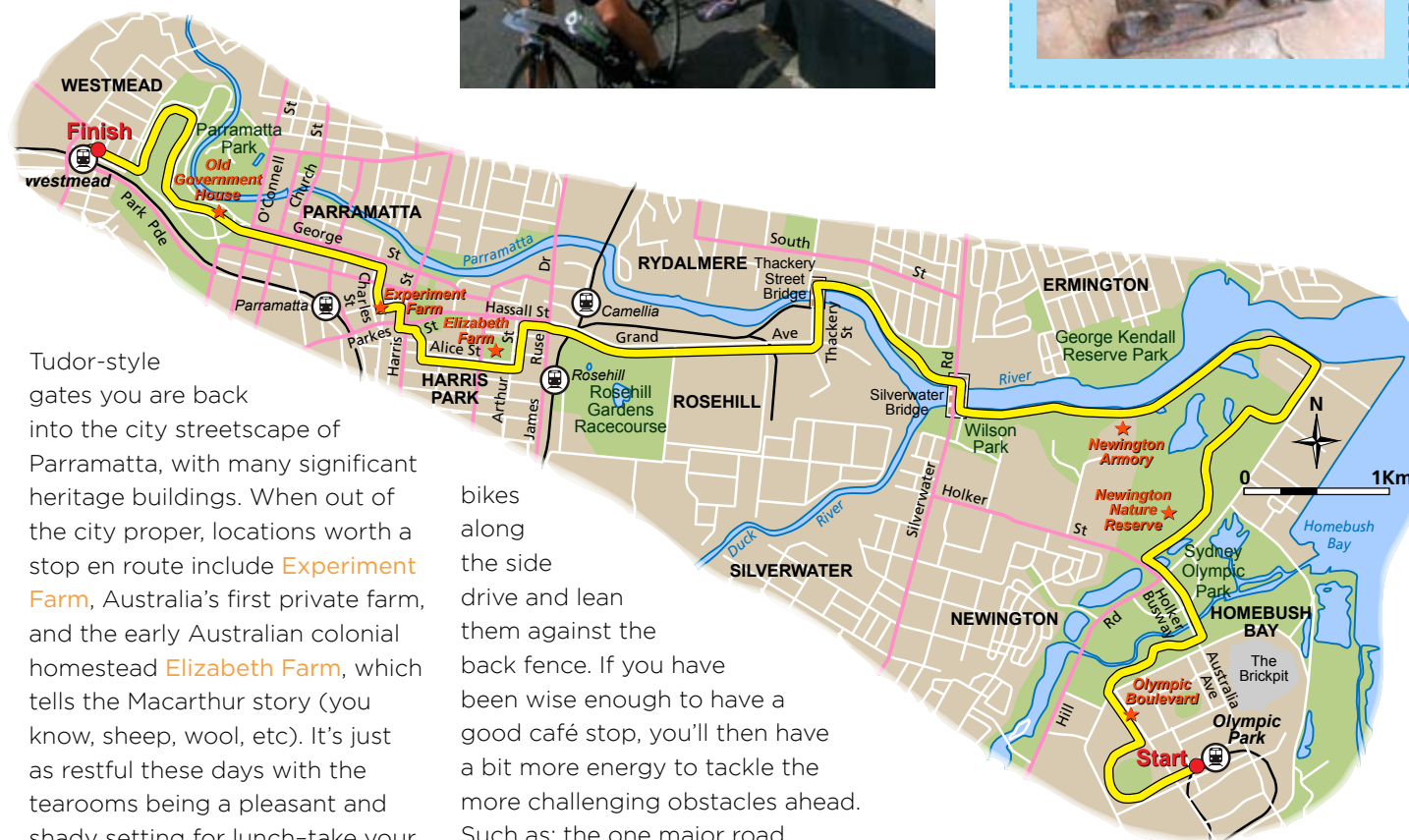
Ride 8 Parramatta to Sydney Olympic Park

power lines, but on this ride you can escape the modern era and transport your cycling brain back to early settlement times...

The ride warm-up takes you through the sweeping Arcadian landscapes of **Parramatta Regional Park** and past many historic buildings. Stop to browse at the Dairy precinct, explore **Old Government House** or seek the shade of the trees and watch the Lycra lizards doing their lunch-hour laps. After negotiating the squeeze exit via the grandiose



*escape the
modern era and
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cycling brain
back to early
settlement times*



Tudor-style gates you are back into the city streetscape of Parramatta, with many significant heritage buildings. When out of the city proper, locations worth a stop en route include **Experiment Farm**, Australia's first private farm, and the early Australian colonial homestead **Elizabeth Farm**, which tells the Macarthur story (you know, sheep, wool, etc). It's just as restful these days with the tearooms being a pleasant and shady setting for lunch-take your

bikes along the side drive and lean them against the back fence. If you have been wise enough to have a good café stop, you'll then have a bit more energy to tackle the more challenging obstacles ahead. Such as: the one major road

Ride 8 Parramatta to Sydney Olympic Park

- 0km** **Westmead Station**
- R** on exit to Railway Pde
 - ▶** 300m to bend (Park Av)
 - ▶** into **Parramatta Park** along path for 100m
 - L** park roadway for 700m
 - VR** closed-off road (past Dairy) for 700m
 - VL** at "Bath House" (rotunda) **▶** for 200m
 - * Old Government House**
 - ▶** footpath straight to main entrance
 - ▶** exit at Gatehouse to George St
 - X** at lights to George St **▶** for 800m
 - R** Charles St **L** Hassall St for 200m
 - X** to footpath other side of Harris St
 - R** along footpath **X** lights at Parkes St
 - L** Ruse St
 - * Experiment Farm**
 - R** Farm Way adj. far side Experiment Farm
 - L** Alice St for 500m
 - * Elizabeth Farm**
 - L** Arthur St
 - R** Hassall St
 - X** James Ruse Dr at lights (as pedestrian)
 - ▶** Grand Av footpath over bridge
 - ▶** Grand Av for 1.7km
 - ! watch railway tracks & trucks**
 - L** to end of Thackeray St
 - ▶** pipe bridge (wheel bike on the side)
- 8km** **Thackeray St Bridge / Parramatta River**
- R** Parramatta Valley Cycleway
 - ▶** cycleway for 900m to Silverwater Bridge
 - U** bridge **L** up ramp **L** onto bridge
 - X** Parramatta R on Bridge footway (E side)
 - L** 200m car park access Rd to river bank
 - R** River Walk 1.2km to Newington
 - * Newington Armory**
 - ▶** cycleway 1.6km S.O. Park Wharf
 - R** shared path parallel to Hill Rd for 300m
 - R** connect to Louise Sauvage Pathway
 - ▶** pathway past Woo-la-ra
 - L** Louise Sauvage Pathway for 1.5km
 - * Newington Nature Reserve**
 - L** **U** Holker St bridge **▶** thru gates
 - ▶** connecting path to lights
 - X** Hill Rd at lights
 - ▶** path same side Holker Busway for 500m
 - R** up switchback to Kronos Hill
 - ▶** pathway down to Kevin Coombes Av
 - X** Kevin Coombes Av to Olympic Bvd
 - * Olympic Boulevard**
 - ▶** Olympic Bvd 600m
 - L** thru the overflow
 - * Overflame & Olympic Flame**
 - L** Dawn Fraser Av to Station Square
- 20km** **Olympic Park**

Ride 8 Parramatta to Sydney Olympic Park



crossing of the ride (James Ruse Drive); the railway bridge; and a bit further down the truck-laden but indigenously landscaped “Grand” Drive, there is **Thackeray St Bridge**. Keeping to the footpaths will avoid the trucks but nothing short of angelic wings can help you avoid the steps up and down the pipeline bridge spanning the river. Come on, it’s what keeps you fit, alert and active!

Once back on *terra firma* you can cruise the rest of the journey (promise, no more steps). On the SOP side of Parramatta River, enjoy the superb riverside cycleway, the aptly named River Walk, all the way to Sydney Olympic Park wharf. Pass by wetlands, landscaped parks (walk up the River Marker) and the



Newington Armory. The Victorian-era armory buildings were depots for bombs and the like, but now are national heritage items, as is the very significant natural heritage of **Newington Nature Reserve**. And you can now ride the heritage-listed electro-mobile railway for a tour of the Armory site!

You can choose to climb up over Woo-la-ra or continue along Louise Sauvage Pathway and pretty soon you’ll be on top of Kronos Hill viewing the Sydney 2000 Olympics handiwork. Don’t you reckon the ANZ Stadium looks like a big white surf boat becalmed on a sea of landscaping? Now enjoy the final scene as you sweep down from your eyrie and up along **Olympic Boulevard** and into the

Ride 8 Parramatta to Sydney Olympic Park



new millennium and destination for thousands of riders on the Spring Cycle. Blissful riding sans gutters, wheel-devouring grates and Clayton’s bike lanes. SOP is cycling heaven, so enjoy! Finish with cake at the café, a cool beer at the pub, or a snack attack at THAT takeaway.

Spare Parts

Maps and Reference: RTA map *Sydney and Parramatta*; for Parramatta’s existing and proposed marked bike routes see www.parramatta.nsw.gov.au; Sydway maps 80, 252-254, 274; UBD maps 24, 210-212; for information on parks, gardens and reserves contact Parramatta Heritage and Visitor Information Centre T 8839 3311; Parramatta History and Heritage brochure detailing suggested walks, heritage buildings and exhibitions and events (Parramatta City Council, 2000); Historic Houses Trust booklet, T 8239

2288 or www.hht.net.au; *Discover Sydney’s Story then and now*—Historic Houses Trust brochure.

Cafés and eateries: Lachlan’s Restaurant and Reception venue at Old Government House; amongst the trees and besides the river is the Parramatta Park Café and Events Centre—located in the Coogee Precinct, continue on Park Ave rather than past the Dairy Precinct (8am to 3.30pm, T 9630 0144); the Tearooms (indoor and outdoor garden area) at Elizabeth Farm, open for lunches, light meals and refreshments daily 11am-3pm; at Sydney Olympic Park see web site for “eating options” including: Muffin Break at Hotel Ibis forecourt, Olympic Blvd, for fast and fresh muffins, hot/cold snacks and meals, coffee, T 9763 7795, open 7am-5pm; Homebush Bay Brewery under the Novotel Hotel, Yulang, for bars & indoor/outdoor seating, cafe, grill, T 8762 1293, open 11.30am-late.

Parramatta Regional Park: Site of first inland (and second-ever) settlement in Australia, including the Dairy Cottage, site

Ride 8 Parramatta to Sydney Olympic Park



of Governor Phillips Redoubt, Bath House. Old Government House—T 9635 8149, is open Tues-Friday, 10am-4pm, weekends & public holidays 10.30am-4pm, adults \$9, conc. \$6, family \$24, , free for National Trust members see www.nationaltrust.com.au. There is a visitors centre at the Park Trust office located near the George St entrance, open 9am-4.30pm Mon-Fri. Park gates open 6am and close 6pm (8pm daylight saving); weekend ranger 8.30-4pm T 0419 122 763. For more information contact Parramatta Park Trust, T 8833 5000 or www.ppt.nsw.gov.au. There is also Harris Park Heritage Walk (and Historic Precinct), a signposted heritage walk starting at Charles St RiverCat wharf to Elizabeth Farm via Queens Wharf Reserve, Hambledon Cottage and Experiment Farm Cottage. Hambledon Cottage at 60 Hassall St, Parramatta was built by John Macarthur

in 1824 and is open 11am-4pm Wed, Thurs, Sat, Sun, T 9635 6924.

Experiment Farm Cottage: stands on the first land grant made in Australia to James Ruse in 1789, and is one of Australia's oldest standing residences. It is open 10.30am-3.30pm Tues-Fri, 11.30am-3.30pm weekends and public holidays, adults \$7, conc. \$5, \$19 family, free for National Trust members; at 9 Ruse St, Harris Park, T 9635 5655, see www.nationaltrust.com.au.

Elizabeth Farm: was commenced in 1793, with the dwelling built for John and Elizabeth Macarthur once overlooking an agricultural estate stretching from Parramatta Road to Parramatta River (HHT, 2007). It is open Friday-Sunday 9.30am-4pm, and Mon-Thurs for booked groups and schools (closed Good Friday and

Ride 8 Parramatta to Sydney Olympic Park



Christmas Day), adults \$8, conc./child \$4, family \$17. Located at 70 Alice St, Rosehill, T 9635 9488, operated by Historic Houses Trust, www.hht.net.au.

Sydney Olympic Park (SOP): Over 400ha of parklands and over 40km of on-road and off-road cycling; includes Bicentennial Park, Millennium Parklands and Olympic precinct; mostly open to public/cycling at all hours but gates along River Walk and Bicentennial Park open 6.30am-5.30pm daily; after hours emergency contact T 9714 7700. For latest info on tours, events and activities in the Park, including Sundays at Newington Armory, drop into the Visitor Gateway, 1 Showground Rd. See www.sydneyolympicpark.com.au for bicycle network and access information. The central area of SOP is closed for the V8 car racing one weekend each year till



at least 2013. See Spare Parts, Ride 20, p?? for more details on this and other features of SOP

Public toilets/water: Westmead & Olympic Park CityRail stations; Parramatta Park (five locations); Silverwater Park; Sydney Olympic Park (start of River Walk, Bicentennial Park).



9 Banks and Botany tour

What history lies behind Sydney's eastern beaches? Apart from the fabulous coastal escarpment scenery which is Sydney, the ride takes you past sites which, according to the excellent publication *Aboriginal Sydney*, "include some of the most significant historical and contemporary places in Sydney", such as **Yarra Bay House** at La Perouse, site of the first area handed back as freehold land to a Sydney Aboriginal community.

*At Bare Island
you can tour
the fortress,
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handicrafts*

You'll also pass Botany Wetlands, Sydney's largest freshwater wetland and Sydney's water supply in the 1860s. From Mascot to Botany Bay you will ride over asphalt, but only a few metres below the road are the coastal sands of the massive Botany aquifer—a massive sponge



At a glance

Type of ride: quite a day out with plenty of options; some big roads and big trucks but mostly quiet streets; about 40km and most of the day

Getting there and back: take the Airport/East Hills line to Mascot (lift up from platforms to concourse, lift to street level); depart via Bondi Junction station (lift down to platforms from concourse) for connecting services at Town Hall and Central

Best time: late summer and autumn to be able to have a swim, late winter and spring to see the coastal heath in full bloom; weekends to see the attractions, go on tours, and avoid the container traffic

Food: kiosk at Botany Cemetery (Military Rd entrance); cafés at Frenchmans Bay, La Perouse; Maroubra and Coogee beach main streets

Enjoy: coastal views and heathlands, Aboriginal and early settlement history

Watch out for: sunstroke, others using the coastal walk, trucks and their debris along Foreshore Rd shoulder



Ride 9 Banks and Botany tour



which may yet again be a valuable water supply.

Sir Joseph Banks Park contains plant species representative of those first collected by Banks and his mate Daniel Solander 240 years ago, including *Banksia*, the genus named after him. **Port Botany**, with its tall cranes, now overshadows the natural, heathy

and coastal landscape as you pedal towards the most southerly (and most windswept) point on the route—the appropriately named **Bare Island**. Here you can tour the fortress, watch the snake handler (on Sundays), or buy some Aboriginal handicraft. If you are able to plan ahead, book a Bush Tucker Walk at Yarra Bay

Ride 9 Banks and Botany tour

- 0km** **Mascot Station**
- ▶ exit to Bourke Rd ▶ footpath to lights
 - ▶ Coward St ! opening car doors
 - ▶ X O'Riordan St & Botany Rd
 - ▶ R 500m Middlemiss St L 400m King R Alfred
 - ▶ X Wentworth Av ! busy road
 - ▶ to end of McBurney Av
 - ▶ Thru park L then U railway bridge
 - ▶ Botany Rd ▶ past lights for 800m
 - ▶ X Botany Rd at ped lights
 - ▶ other side of Botany Rd for 50m
 - ▶ R Bay St L Underwood St R Hale St
- 6km** **Sir Joseph Banks Park**
- ▶ thru park (stay on middle pathway for 1.2m)
 - ▶ past gorillas, toilets & golf course
 - ▶ timber-sided cutting to Foreshore Rd verge
 - ▶ L Foreshore Rd for 500m
 - ▶ Botany Rd for 500m
 - ▶ ! at Botany Rd lights - see note
 - ▶ hook turn* R at Bumborah Pt Rd lights
 - ▶ R Prince of Wales Dr (to turnaround)
 - ▶ Molineaux Pt lookout daylight hours only
 - ▶ * **Botany Bay and Wharves**
 - ▶ return Prince of Wales Dr
 - ▶ VR Military Rd ! changing lanes
 - ▶ R 250m Botany Cemetery (Cemetery Av)
 - ▶ R Levy L Arthur Taylor
 - ▶ R Lesnie L Gillooly Av
 - ▶ EXIT R to Bunnerong Rd R 2km to Anzac Pde
 - ▶ Anzac Pde 1km to park

- 20km** **Botany Bay NP & Bare Island**
- ▶ Anzac Pde to Kain Av (4km)
 - ▶ R (Adj Kain Av) X Anzac Pde to footpath
 - ▶ asphalt path
 - ▶ L thru to cul de sac (end of Manwaring Av)
 - ▶ Manwaring Av L Broome St
 - ▶ R after Tyrwhitt St to path thru bush
 - ▶ X Arthur Byrne Res across road
 - ▶ VL to Maroubra Beach Pavilion
- 30km** **Maroubra Beach/Mistral Point**
- ▶ pathway alongside Marine Pde
 - ▶ L 500m Torpington Rd ! sign to "Coogee"
 - ▶ R 400m Malabar Rd
 - ▶ R 700m Cuzco St L Close St R Pearce St
 - ▶ Coastal Pathway (dismount as required)
 - ▶ pathway for 700m to Coogee Beach
 - ▶ * **Wylie's Baths & Coogee Beach**
- 35km** **Coogee**
- ▶ thru Dunningham Res. & around headland
 - ▶ L Moore St R Beach St
 - ▶ L 350m Clovelly Rd
 - ▶ R 400m Fern St
 - ▶ R 700m Albion St
 - ▶ 400m Bronte Rd
 - ▶ Bronte Rd 1.5km past Oxford Mall
 - ▶ L Grafton St for 100m
- 39km** **Bondi Junction Station**



Ride 9 Banks and Botany tour



nearby and learn about native plant species (see Spare Parts below for details). On the way north up the rugged coast you can choose a side tour via **Botany Bay National Park** and Henry Head fire trail. Here you can see natural remnants of the coastal heath that once covered most of eastern Sydney. Enjoy the beaches, sands and surf at **Maroubra**, **Coogee** and **Wyllies Baths** as you head forward in history to a site of huge modern significance—the shopping mall and takeaways at Bondi Junction.

*hook turn: instead of crossing lanes of traffic to turn right, wait just ahead of traffic on the left, then proceed straight ahead when the lights change.



Spare Parts

Maps/reference: *Bike-it! Sydney* (part) maps 31, 39, 43-47; RTA map *Sydney and Parramatta*; Sydway maps 298, 317-318, 337-338; UBD maps 275-277, 296-297. An excellent guide to Aboriginal places of the past and present is *Aboriginal Sydney*, Melinda Hinkson (Aboriginal Studies Press, 2001; www.aiatsis.gov.au/aboriginal_studies_press)

Cafés and eateries: Kiosk, Military Rd entrance, Botany Cemetery; The Boat Shed Café, 1609 Anzac Pde, La Perouse, T 9661 9315 Tues-Sun 9am-4pm; Marine Café, 57 McKeon St, Maroubra Beach, T 9344 9908; Pavilion Café, The Promenade, Marine Pde, Maroubra Beach, T 8347 0055 open 7 days.

Port Botany: if you were thinking that this is a pretty massive port and that a lot of stuff must pass by here, you'd be right—the port now accounts for approximately 70% of Sydney's total trade throughput, with the container terminals complemented by bulk liquid facilities (oil and LPG basically).

Ride 9 Banks and Botany tour

And it isn't going to stop there—expansion is underway with 60 hectares of Botany Bay and foreshore to be “reclaimed” (as if it was waste land!) to build over 1.8km of new wharf, with construction starting 2008. The local environment should be OK though 'cause a key role identified in the Sydney Port's Corporate Vision and Values statement is to “protect the environment and have regard to the interests of the community” (Sydney Ports, 2007). Keep yourself updated on any impacts this work may have on your ride at www.sydneyports.com.au.

Aboriginal Heritage: there is the Aboriginal community centre at Yarra Bay House which was built as part of the cable station at La Perouse in 1903. Tours of the building are no longer being held. The Bush Tucker Walk in Yarra Bay Bicentennial Park where you can learn about traditional and contemporary use of native plant species by Aboriginal people is currently being rebuilt. Contact the Land Council on 9311 4283 to check on progress and potential reopening.

Botany Bay National Park: La Perouse (northern) section of Botany Bay National Park; see www.nationalparks.nsw.gov.au Explore Bare Island fortress, with tours 12.30, 1.30, 2.30 and 3.30pm weekends, no bookings required. Private tours weekdays, bookings required, contact La Perouse Museum and Visitor Centre, T 9311 3379 which is open Thurs-Sun 10am-4pm. Ride to Cape Banks (along Golf Course/ Cape Banks Rd, past the historic coast hospital cemetery).

Wyllies Baths: as you head along the coastal path to Coogee you'll come across an inconspicuous entrance to what is one of Sydney's beach landmarks. Wyllies Baths was established in 1907 and was the first

in Australia to offer mixed bathing. The 35 x 45m ocean pool was damaged by storms in 1974 and again in 1977. A management committee was then formed to manage the baths. The baths are open daily 6.30am-7pm (summer) and 7am-5.30pm (winter), with entrance fees a refreshingly reasonable \$3.00 for adults, \$1.50 for pensioners and 50c for children, and you can also get a “massage by the sea”. For more details T 9665 2838 or see www.wyllies.com.au

Public toilets/water: Mascot CityRail station; Joseph Banks Park; Bare Island, Botany Bay National Park; Maroubra Beach, Coogee Beach, Bondi Junction CityRail station.





10 Cammeraigal shores

Since European settlement there has been a common theme of forced dispersal of the Aborigines, but there is also a story of survival

Like so much of Sydney's contact with the water, any littoral ride will reflect a convoluted and indented shoreline and sandstone escarpment typical of a "ria" or drowned river valley. Millennia of streams have cut deeply into

the Sydney sandstone as it was uplifted. These gorges flooded when sea levels rose after the last ice age. The vegetation that has evolved is one of angophora and eucalypt forest on the open woodland ridges, blue gums and



At a glance

Type of ride: a toughish ride, which winds up and down and in and around mostly quiet streets and headlands along the lower north shore. Your free 'stress-test' as there are some steep climbs, so make sure you have plenty of gears

Getting there and back: start at Sydney Opera House for the ferry from Circular Quay to Greenwich (or from stops at Balmain East, Balmain, or Birchgrove), and ferry from Manly to finish at Circular Quay

Ride connections and Options: the start and finish at Circular Quay link to some of the "Feel the City" rides - although it will be a challenge to do this ride as well as others in one day. The track down to Reef Beach continues past Forty Baskets Beach and around the foreshore to connect to the route at Lauderdale Ave (may have to walk your bike in places)

Enjoy: the knowledge and appreciation of the land of the Cammeraigal traditional owners; harbour scenes and water views; and the hilly challenges!

Watch out for: taking on too much for the day, too quickly, steeper sections on descents and loose litter and sand patches on paths and tracks

Best time: any time of the year - but maybe not a hot day in summer though. Sunday mornings will be quieter traffic-wise

Food: a few corner shops but not a huge range of cafés and eateries immediately along the route except for perhaps the main strips at North Sydney, Balmoral, the Spit and Manly

Ride 10 Cammeraiagal shores

0km Sydney Opera House Forecourt

* Bennelong Point

- ▶ promenade around Circular Quay to Wharf
- Ferry from Wharf No. 5 to Greenwich

1km Greenwich Wharf

- ▶ Mitchell St R George St L Manns Av
- ▶ Greenwich Rd for 1.1km

- SR Chisholm St L Glenview St R St Giles Av
- ▶ across Beencke's Bridge to park

- R on pathway to cul de sac

- ▶ Milray Av for 600m

- R Shirley Rd ▶ past barrier, across grass

* The Gadyan Track, Berry Island

- lock bikes ▶ loop walking trail 1.5km

- ▶ Shirley Rd 700m X over railway bridge

- ▶ Shirley Rd 1km ▶ Newlands St

- R Morton St for 400m

- R Crows Nest Rd for 400m

- ▶ Bay Rd across railway bridge

- ▶ Balls Head Rd for 300m

- VR private road for 200m ▶ loop of Balls Head Rd

* Balls Head engraving site & midden

- ▶ Balls Head Rd R Woolcott St

- U rail bridge R Euroa St L Bank La

- L Bank St for 300m R thru pocket park

- ▶ Riley St (steep) L Edward St

- R Bay Rd L Pacific Hwy footpath

- X Pacific Hwy at lights to McLaren St

- ▶ McLaren St for 300m L Walker St

- R Ridge St X Freeway using footbridge

- (wheeling ramp) down steps to footpath

- R down Winter St contra flow bike lane

- L Bent St 300m to Yeo St

- R Yeo St R 800m Rangers Rd

- L Spofforth St R Rangers Av

- L Avenue Rd R Canrobert St

- L Raglan St for 350m

- X Military Rd at lights ▶ Raglan St

- R Redan St L Wolseley Rd for 600m

- SL to Coronation Av ▶ downhill for 500m

- ▶ Plunket Rd

- L The Esplanade

* Balmoral rock shelter

21km Balmoral Beach

- ▶ Nth end of The Esplanade

- steps up to Wyargine St (wheeling ramp)

- ▶ Wyargine St L Stanton Rd for 600m

- R path same side Military Rd for 300m

- R Parriwi Rd down to the Spit

- X Military Rd X Spit Bridge on footway

- L Battle Blvd SP Palmerston Pl ▶ Ponsonby Pde

- L Panorama Pde R Ross St

- VR at to Ethel St ▶ over Freeway bridge

- R Maritimo St L New St West

- R Beatrice St L Ernest St R Lewis St

- ▶ Abbott St R Bareena Dr for 600m

- ▶ Dobroyd Scenic Dr thru reserve for 300m

* Arabanoo & Crater Cove Lookouts

- ALT [track to Reef Beach or Grotto Point]

- ▶ back along Bareena Dr 600m

- R Woodland St !stop signs R 1km White St

- ▶ Lauderdale Av ▶ The Cres. ▶ C'wealth Pde

* Manly Cove

- ▶ West Esplanade 350m to plaza

34km Manly Wharf

- ▶ Ferry from Manly to Circular Quay

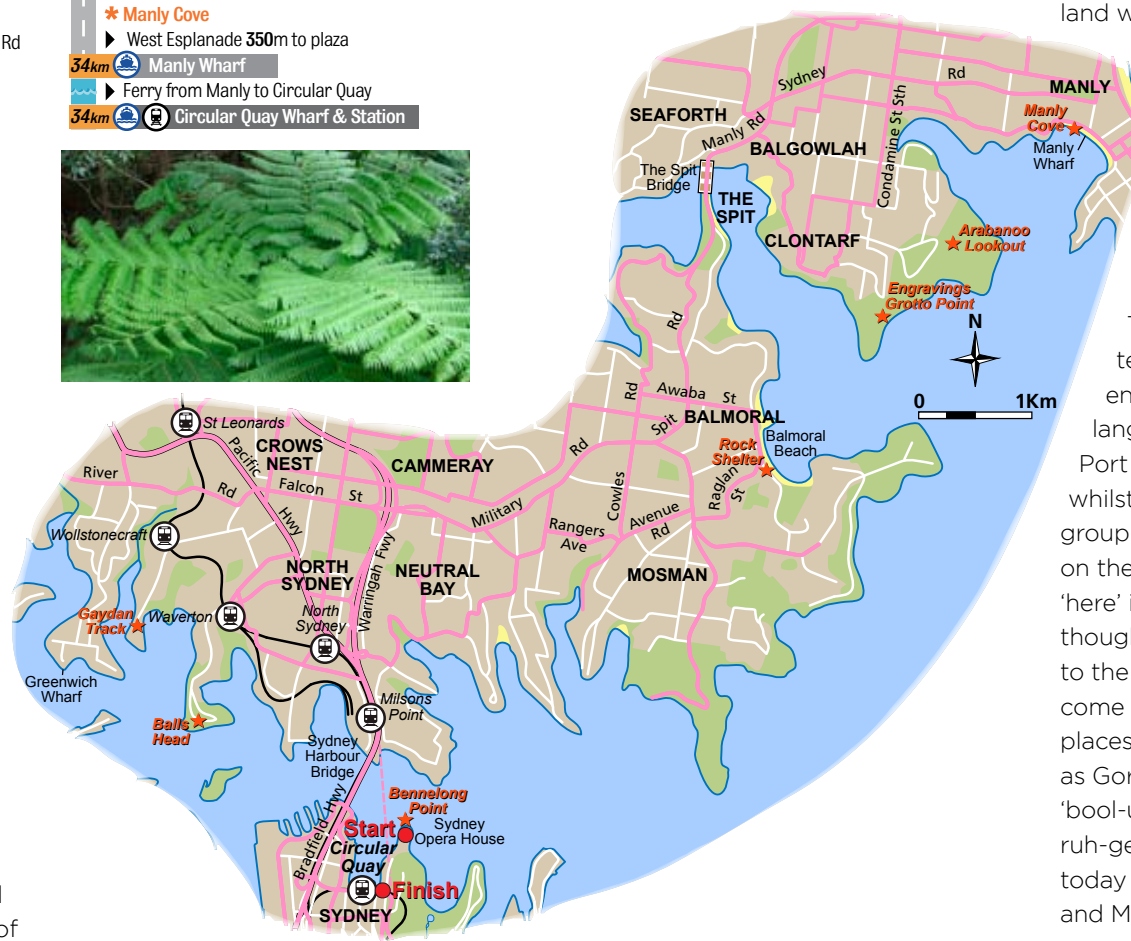
34km Circular Quay Wharf & Station



rainforest species on better soils and gullies, and she oaks, paperbark and mangroves along the estuaries.

It is in this landscape that the Cammeraiagal clan lived, with an economy of hunting, fishing and foraging. Traditional ownership of

Ride 10 Cammeraiagal shores



land was a fundamental tenet of Aboriginal culture, and for the Cammeraiagal (the 'gal' or men from Cammeray), extended along the forty kilometres or so of shoreline from about Lane Cove ('Moocooboola') to The Spit ('Burrabru'). Their territory or 'country' was encompassed within the Eora language group centred on Port Jackson and Botany Bay, whilst the Ku-ring-gai language group to the north was centred on the Hawkesbury. Eora meant 'here' in the local dialect and was thought possibly to be a response to the question "where do you come from"? For the Cammeraiagal, places would have been known as Goram Bullagong (gaw-ruhm 'bool-uh-gong), Booraghee ('boo-ruh-gee') and Kay-ye-my, but today Mosman Bay, Bradleys Head, and Manly Cove are familiar.



The abduction of Arabanoo, and later Colebee and Bennelong from **Manly Cove** was an attempt by the colonists to mediate and communicate with the Aborigines—but probably more for reasons of self-preservation than for any emancipated ideals. The ride has a loose connection geographically with this episode in that the extent of the Cammeraigal country covers the locations near where **Bennelong** was buried at Putney (Bennelong Park) and where he was abducted at Manly. Along the ride there is evidence of the pre-contact Aboriginal occupation. Often these camps and foraging areas can be found where you love to pause from the riding on a headland (such as **Balls Head** or

Grotto Point) or sheltered beach (such as Balmoral) for a picnic lunch. There are water views, food and fishing nearby, and shelter from storms. The productive estuaries along this shoreline would have yielded much shellfish and hence the middens such as at **Reef Beach**. Would the Cammeraigal have walked along the shores from one side of their ‘country’ to the other? Quite possibly yes, depending on the season and food availability. Indications are that families retreated to small areas in hard times, but in good seasons clans grouped together, held corroborees and shared food and resources. Today the walk could be done in a day, but without a paved road and footpath, it would



have taken at least two or three. For these sorts of journeys their bark canoes would have been a quicker way of traversing the indented shoreline.

Although times since settlement show a common theme of forced dispersal of the Aborigines, it is also a story of survival. Decimated by smallpox and other disease and dispossessed of land, they all but disappeared from the historical records by the 1860s. But they were always there—firstly camping at boatsheds at Circular Quay, then later at La Perouse. Others dispersed, and according to Melinda Hinkson in her book *Aboriginal Sydney* (ASP, 2001) “their Aboriginality becoming increasingly invisible or

unrecognised”. Camps were also at Manly and Narrabeen up to the 1950s. But as Hinkson notes, community ties are stronger than ever, there is recognition and respect in many quarters, and Aboriginal organisations that foster a strong cultural identity have been established. They now take great pride in that; despite 200 years of adversity, their culture has survived.

Spare Parts

Maps/reference: *Bike-it! Sydney* maps 12-16, 21, 48; RTA cycleways map *Sydney and Parramatta*; Sydway maps 254-255, 258-260, 275-278; *Wheeling and Walking in Willoughby*, available Willoughby Council, Level 4, 31 Victor St, Chatswood, T 9777 1000; Manly Bike Map online; 2nd edition

Ride 10 Cammeraigal shores

of an excellent guide to Aboriginal places of the past and present to be released October 2010 is *Aboriginal Sydney*, Melinda Hinkson (Aboriginal Studies Press), see www.aiatsis.gov.au/asp/

Cafés and eateries: Along the way there are cafés on Bay Rd Waverton; cafés and pubs on Blues Point Rd; at Balmoral on The Esplanade there is the Balmoral Lifesaver Café at no.17, Awaba Café at No.67, or the Beachside Kiosk; at the Spit there is takeaway fish and chips at Juniors Fish and Chip café; Harry's Fish cafe Level 1/81 Parriwi Rd for lunch and dinner; Skiffies Char Grill, 77 Parriwi Rd, the newly renovated Boathouse Bistro at the Middle Harbour 16ft Skiff Club (up the stairs, lunch Wed-Sun, Dinner Thurs-Sun); and last but not least Plonk! beach café just before the bridge. And of course at Manly's Wharf and Corso, and at Circular Quay you are spoilt for choice.

Bennelong: belonged to the Wangal clan, and was kidnapped along with Colebee, (a Cadigal man) from Manly Cove in 1789 so

as to establish communication between the settlers and local Aborigines. Colebee soon fled but Bennelong stayed. A strong bond grew between Bennelong and Governor Phillip, and he became a mediator between the colonists and Aboriginal communities. He accompanied Phillip to London in 1792 for three years, but on his return suffered from not being accepted by the colonists and rejected by his own people. As described in *Aboriginal Sydney* he died in 1813 a "lonely alcoholic with a broken spirit". Although he had told Phillip that he was the traditional owner of Mamila (Goat Island) he was buried in the garden of James Squires' Inn, now Bennelong Park, on the banks of the Parramatta River (see Ride 4, p??). Bennelong Point, Bennelong restaurant at the Opera House, and Bennelong Park at Putney all bear his name.

The Gadyan Track, Berry Island: The rocky isthmus located at the end of Shirley Rd, Wollstonecraft, is rich in evidence of early Aboriginal occupation. The Gadyan track on Berry Island, which links rock

engravings and midden sites interpreted for the public, "should provide you with a lasting impression of the life of the Cammeraigal people" (*Aboriginal Sydney*, Melinda Hinkson, 2001). There are toilet and picnic facilities and a netted beach for swimming.

Balls Head Engraving Site: the Aboriginal rock engravings at Balls Head are found on the right hand side of Balls Head Dr, about 80 metres further on from where Balls Head Rd veers down to the left (surrounded by a low white timber rail fence). The engraving is of a whale, about 6 metres long, with a figure of a man contained within. At this site and the headland there is evidence of occupation including a large shell midden (a mound of domestic refuse containing shells and animal bones etc. marking the site of a former settlement) and a shelter site. Both a walking track and access road circle the headland. Note that all Aboriginal sites are protected under legislation and are not to be disturbed.

Grotto Point, Arabanoo Lookout and Reef Beach Midden: firstly there is an engraving site at Grotto Point, near the lookout, which is at the end of Cutler Rd. At this point there are exceptional views over Middle Harbour, Middle Head and a city backdrop. The pathway to Arabanoo Lookout allows views over Manly Cove, where Arabanoo, Colebee and Bennelong were abducted. There is also a shell midden at Reef Beach. The midden extends almost the full length of the beach, and there is also an engraving of a fish (usually covered by sand). To get there you will need to walk along the ridge track then down and around the headland to Reef Beach (~2km return, follow signs to "Manly"). Return on the same track and exit via Scenic Dr.

Ride 10 Cammeraigal shores



Sydney Harbour National Park: Dobroyd, Middle, Georges and Bradleys Heads are part of the parks and reserves that make up Sydney Harbour National Park. See www.npws.nsw.gov.au and Spare Parts Ride 23 p?? for more.

Metropolitan Aboriginal Land Council: "always was, always will be Aboriginal land" is the strong but valid sentiment expressed by the Council on its banner as you enter their very well designed web site at www.metrolalc.org.au. The Land Council's primary objectives are "to improve, protect and foster the best interest of all Aboriginal persons within the council' area and other persons who are members of the council" (Metro LALC, 2007).

Public toilets/water: Meadowbank Station; Meadowbank Memorial Park (Bank St, Meadowbank); Putney Park (Pellisier Rd, Putney); Gladesville Res. (Crown St, Henley); Wollstonecraft, Waverton and Nth Sydney Stations; Balmoral Beach (adj. bus shelter); Balmoral Park (adj. pavilion); Spit Reserve, The Spit; Tania Park, Balgowlah Heights; Manly Wharf; Circular Quay Station (either end).



11 Prospect waterway and cycleways



At a glance

Type of ride: an easy ride following off-road cycleways

Getting there and back: arrive by CityRail at Canley Vale station: from the west exit at directly to street level, then cross Railway Pde at the lights then right on the footpath for 100m to join the pathway passing through the park. If coming from the other direction (city, north shore or the east) take trains via Granville and exit on the south side, turn left to First Ave, proceed to the end to join the cycleway, which then passes left under the railway at Orphan School Ck.

Best time: autumn to spring to avoid the summer heat. Weekdays to avoid the pathway crowds

Food: local shops and eateries at Canley Vale, Guildford, Fairfield

Enjoy: long stretches of easy cycleway riding, industrial history, waterways

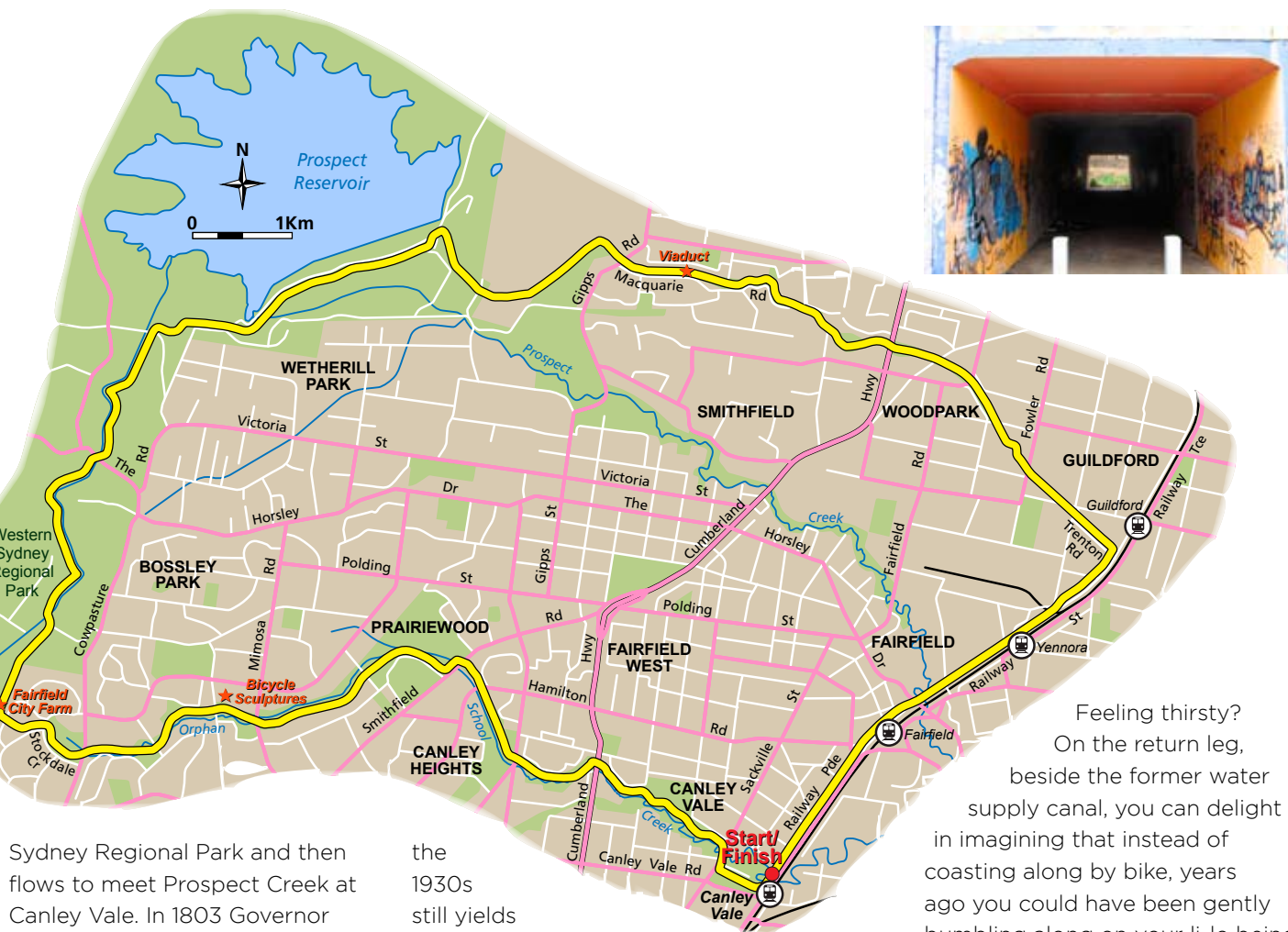
Watch out for: sun reflecting off the Omo-white concrete paths (take a pair of dark sunglasses and use sunscreen), Prospect Reservoir closing times

If you are looking for that easy-peasy ride with off-road pathways to roll along all day, or a place to take the family, then this is the one. There is almost 40km of continuous cycleway with a bit of on-road route around the bottom of Prospect Reservoir (no-SCUBA not required). The off-road cycleways pretty much keep to the waterways and have mostly been constructed recently to complete major links in the regional cycle network. On the way out the cycleway follows

Orphan School Creek. This creek drains from the north-south Sugarloaf ridge within Western

The canal represents an important part of the region's pioneering and industrial history

Ride 11 Prospect waterway and cycleways



Sydney Regional Park and then flows to meet Prospect Creek at Canley Vale. In 1803 Governor King awarded the Orphan School a land grant of 12,300 acres (4980 hectares) to provide a self-sufficient school and accommodation for the colony's many orphaned children. The creeks and waterways not only attracted the Dharug Aboriginal people to the area, but also many migrants who established vegetable gardens, vineyards and orchards. A Chinese market garden established in the area in

the 1930s still yields fresh produce today. **Prospect Reservoir**, which is a key picnic destination for this ride, was a major factor for survival on the land. The **Lower Prospect Canal** that you follow was built in the 1880s to transport water from the Nepean River system. The canal is a rare example of engineering technology, and represents an important part of the region's pioneering and industrial history.

Ride 11 Prospect waterway and cycleways



Feeling thirsty?
On the return leg, beside the former water supply canal, you can delight in imagining that instead of coasting along by bike, years ago you could have been gently bumbling along on your li-lo being carried downstream by Sydney's drinking water. The Parramatta to Liverpool Rail Trail gets you back to Canley Vale.

Spare Parts

Maps and Reference: RTA map *Western Sydney Cycleways Network* (April, 2004); Fairfield City Council Cycleways map, T Fairfield Council on 9725 0222, or download at www.fairfieldcity.nsw.gov.au > "Recreation" > "Cycling and Walking";

- 0km** **Canley Vale**
- ① First Av ▶ shared path @ end of car park
 - ① 50m under rail bridge on marked path
 - ▶ Cycleway/shared path to "Cecil Hills"
 - ▶ Adams Park & alongside creek for 800m
 - ② footpath S side Sackville St
 - X Freeman Av ▶ 50m on shared footpath
 - ③ under Sackville Rd at Orphan School Ck
 - ▶ 500m to path junction ▶ same direction
 - ▶ cycleway next to creek for 2.2km
 - U Cambridge St at Orphan School Ck floodway
 - * Orphan School Creek & bicycle sculptures**
 - ▶ 900m X King Rd, take RH path to "Cecil Hills"
 - ▶ around horseshoe-shaped kink in path ▶ 1km
 - X Hamilton Rd ④ left on path ▶ 350m
 - X Smithfield Rd ▶ around Showground for 1km
 - X Moonlight Rd ▶ 400m through Wylde Park
 - X bus T-way ▶ for 1km thru Wylde Park
 - ▶ pebbled path winding thru trees to Mimosa Rd
 - ⑤ Mimosa Rd footpath for 50m X Mimosa Rd
 - ▶ past steel sculptures thru Whitlam Av Res for 400m
 - X Sweethaven Rd ▶ path LH side of creek
- 10km** **Cowpastures Road**
- X Cowpastures Rd using ramped overbridge
 - ⑥ off overbridge ramp then ⑥ again through park
 - ▶ cycleway through Stockdale Res for 500m
 - X Stockdale Cres to footpath RH side Province St
 - ▶ cycleway winding up through reserve
 - ▶ next to houses to Fairfield City Farm entry
 - * Fairfield City Farm**
 - ⑦ across entrance road
 - ▶ along sth boundary for 500m
 - ▶ marked cycleway to "Blacktown" for 600m
 - * Prospect Canal**
 - X ▶ 2km alongside water supply channel
 - X The Horsely Dr at pedestrian lights
 - ! Watch out for any cars running red lights
 - ▶ cycleway 1.6km X Chandos Rd
 - ▶ past filtration plant across spillway footbridge
 - ▶ 2.2km on path traversing base of dam wall
 - ▶ 200m, to car park, picnic area
- 19km** **Walder Park, Prospect Reservoir**
- ⑧ pathway along RH side of car park, up hill
 - ⑨ marked cycleway to "Guildford" for 2.6km
 - ! Take care at construction site(s)
 - * Lower Prospect Canal viaduct**
 - ▶ cycleway for 1.1km (4 underpasses)
 - ▶ cycleway alongside pipeline 1.5km to Military Rd
 - X Military Road to pathway alongside railway
 - ⑩ cycleway to Liverpool (Yennora & Fairfield stations)
 - ▶ 5.6km to First St Canley Vale
 - ▶ First St, Canley Vale station entrance on ⑪
- 34km** **Canley Vale Station**

Ride 11 Prospect waterway and cycleways



Cafés and eateries: Choice of fabulous Asian cuisine “along the line” at Fairfield, Canley Vale and Cabramatta at either the start or completion of the ride. At Fairfield City Farm you can purchase takeaway at the Farm House kiosk or use the electric BBQs.

Parramatta Liverpool Rail Trail: A 17km cycleway between Parramatta station and Liverpool station. Completed in 2000, the cycleway includes sections within the rail corridor, sections within the parallel road, reserve, and some sections on local streets. Between Guildford and Fairfield it is located on the northern side of the rail corridor, and on the southern side of the corridor from Fairfield to Cabramatta Creek.

Lower Prospect Canal (& pathway): built in the nineteenth century to carry treated water in a concrete-lined channel from Prospect Reservoir to supply metropolitan Sydney. The impressive 225m long

Boothtown (or Greystanes) viaduct was completed in 1883 for the Upper Nepean water scheme, but engineering failings led to its function being replaced by the Boothtown Inverted Siphon in 1907. It is a rare example of engineering technology, and represents an important part of the region’s pioneering and industrial history. In the late 1990’s work progressed on adapting the canal to build a cycleway/shared pathway, which was opened in 2003. So it’s little wonder that many were upset about the severing of the pathway in the vicinity of the Boral quarry, south of the new residential area of Pemulwuy. For the last few years access has been severed, or on a periodical basis. However, a signalised road crossing of Reconciliation Dr is now in place. Canal Reserve Action Group (CRAG), have been calling for a new overbridge to be built at this location. See the latest from CRAG at www.canalreserve.org

Parks and Reserves: Calmsley Hill City Farm—a working farm of 250ha with a



variety of farm and native animals and farm tours, 31 Darling St, Abbotsbury, T 9823 3222, open 9.00am-4.30pm daily except Christmas Day, Boxing Day, New Year’s Day and Good Friday, adults \$16, children (3-16) \$10, day pass \$45 (2 adults 2 children), see www.cityfarm.com.au. Western Sydney Regional Park—582ha urban park created in 1998, has extensive horse-riding trail and 10km of bushwalking trails, mostly centred on the Pimelia picnic area and play centre. The dominant vegetation in the park is Cumberland Plain woodland, with east-facing gullies at the south end of the park containing pockets of dry rainforest. Threatened plant species and communities include the endangered *Pimelia spicata* and Cumberland Plain woodland (Dept. Env & Cons, 2001). See more info at www.nationalparks.nsw.gov.au

Prospect Reservoir: Prospect Reservoir Picnic Area, which is owned and managed by Sydney Water, is open to the public daily 10am-4.45pm (6.45pm weekends



and public holidays during daylight saving time, there is no entry 15 minutes prior to closing time). When the 500ha reservoir was completed in 1888, it was at the time the largest dam in Australia. It now provides backup to the Prospect Water Filtration Plant in times of high demand. Land surrounding the reservoir contains areas of relatively undisturbed bushland of high conservation value. There is no fee for visiting the reservoir. See www.sca.nsw.gov.au/recreation/prospect-res for more details or T 1300 722 468

Public toilets/water: Adams Park, Canley Vale; St, Johns Park; King Park, Wakeley; adj. Fairfield Showground; Pimelea picnic area, Western Sydney Regional Park; Walder Park picnic area (Prospect Reservoir).



12 Working waterfront

A bike is just the best way for taking a closer look around the Sydney waterfront, apart from actually getting wet-but then you wouldn't be able to sample the cafés and shops! Although the pollies mightn't agree, the traditional title "working harbour" could now be abandoned in favour of "leisure harbour". A few of the sea-trade functions remain but mostly now it's ferry transport, marinas, and pleasure craft on Sydney Harbour. Container and car imports make up the main remaining port activities, but even they are on the ebb tide. A prime example of how things have

changed is at Darling Harbour. Even up until the late 1970s, traffic travelled across Pyrmont Bridge, and Cockle Bay was a confusion of wharves linked to the railway at Central. Now most of this trading is done at Port Botany (which you can see on Ride 9, p??). Change means that you can now cycle freely around much of the foreshore, as the new developments (such as at Glebe), provide rideable promenades. This is now enshrined in State Government policy for improving public access to the harbour foreshore. But recent changes have placed consents for wharves



At a glance

Type of ride: a short ride with some steep bits, but lots to see. MTB or hybrid recommended

Getting there and back: Trains from the west and East Hills line pass directly to Circular Quay through the City Circle line. From the North Shore line change at Wynyard and from the Eastern Suburbs and Illawarra Lines change at Town Hall. At Circular Quay catch lift down from platforms to concourse. Ferries depart from Balmain East wharf (Darling St) to Circular Quay (and up river to Rydalmere) about every 15 minutes weekdays and half hourly weekends. You can also catch ferries from Darling Harbour (Sydney Aquarium, Pyrmont Bay or King St) and Balmain (Thames St).

Best time: weekdays to see the waterfront working, weekends to avoid the city construction work and container trucks; when Pyrmont Bridge swings open (see Spare Parts for opening times)

Food: waterside eateries at Circular Quay, Darling Harbour, end Harris St Pyrmont, Sydney Fish Market, Darling St Balmain

Enjoy: bustling harbour life; wheels over timber wharves; a jumble of waterfront history; cool cafés

Watch out for: loose pieces of hemp rope; tobacco spit; sailors' yarns; high tide; bad coffee

Ride 12 Working waterfront

- 0km** **Circular Quay**
- EXIT to plaza west end of Circular Quay
 - ▶ plaza past **MCA & Cadman's Cottage**
 - ▶ Circular Quay **W** (under access bridge)
 - ▶ foreshore promenade **U** Harbour Bridge
 - ▶ Hickson Road for **400m**
 - R** Wharf Theatre entry Rd (past boom)
 - ▶ around & outside Wharf **4/5**
 - * Wharf Theatre**
 - R** down ramp and around Walsh Bay
 - EXIT promenade **L** to roadway
 - R** Towns Pl ▶ Dalgetty Rd
 - R** Bettington St **R** Merriman St
 - * Palisade Hotel & Clyne Reserve**
 - ▶ pathway to Rodens La past play area
 - L** Rhodens La **L** Bettington St
 - ▶ Dalgetty Rd **X** bridge
 - R** High La (not **LH** side) **L** **200m** High St
 - R** Kent St **R** **1.3km** at lights to Erskine St
 - ▶ **X** at ped **X**'ing ▶ ramp down to waterfront
 - * Kings Wharf**
 - ▶ around waterfront to base Pyrmont Bridge
 - ▶ lift up to Pyrmont Bridge decking
- 5km** **Pyrmont Bridge**
- ▶ across Pyrmont Bridge
 - * Maritime Museum**
 - ▶ pathway next to Pirrama Rd **200m**
 - R** foreshore promenade around Darling Pt.
 - R** pathway next to Pirrama Rd **350m**
 - R** promenade around Pyrmont Pt Park
 - ▶ promenade through Pirrama Park
 - ▶ waterfront plaza for **400m**
 - ▶ ramp doubling back up to Refinery St
 - R** Refinery St **R** Bowman St for **300m**
 - L** at bend Bank St for **300m**
 - ▶ at lights centre lane, then **X** to footpath
 - X** at next lights to other side of Banks St
 - ▶ car park & pathway around Fish Markets
 - * Sydney Fish Markets**
 - X** at lights to Bridge Rd roadway
 - ▶ Bridge Rd **350m** to lights Taylor St
 - R** Taylor St **R** **200m** Ferry Rd to end
 - L** foreshore promenade **500m** to Glebe Pt
 - ▶ foreshore Bicentennial Park **300m**
 - ! shared pathways – take it easy
 - * Bicentennial & Federal Parks**
 - L** pathway alongside canal **X** footbridge
 - ▶ thru Federal Park, past play area
 - R** shared path same side on The Crescent
 - R** at lights, continue on shared path
 - R** **200m** James Craig Rd ▶ around boatshed
 - L** at gate ▶ pathway up to Anzac Bridge
- 13km** **Anzac Bridge**

- 13km** **Anzac Bridge**
- R** at junction ▶ path adj Victoria Rd
 - R** Victoria Rd **R** **250m** Robert St
 - ! pedestrians at bus shelters
 - R** Robert St till past Mullens St junction
 - ▶ Robert St on-road for **400m**
 - L** Buchanan St ▶ Reynolds St
 - R** at roundabout to Hyam St
 - R** Palmer St ▶ Donnelly St for **300m**
 - R** Vincent St **R** Adolphus St
 - L** Grafton St ▶ end of street
 - ▶ thru Ewenton Park on pathway
 - L** Jubilee Pl
 - R** Darling St for **600m**
- 17km** **Balmain East Wharf**
- ▶ ferry to Circular Quay
- 17km** **Circular Quay**

and moorings back in Council's hands, so we may well have shoreline access but looking out across a sea of (rarely used) stink boats*.

The ride starts at bustling and busking Circular Quay, which has a permanent festive air.

Ride 12 Working waterfront

The Pyrmont bridge, scene of past battles for cyclist access, is now a glorious example of the shared use of an historic structure

The route passes right by the linchpin of the much loved Coathanger, and then circles around The Rocks—where many hours can be devoted to poking around the back lanes and shops. The redevelopment of Walsh Bay has resulted in some spectacular units costing a pile of dough—ostensibly because the piles below



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needed replacing. **The Wharf Theatre** (Wharf 4/5) still remains accessible, so ride on to the end, sip at the café, then continue up to the **Palisade Hotel**. Using Kent St and Erskine St allows you to bypass more apartment construction, and takes you down to the **King St wharves** and Darling Harbour. Don't be seduced by the cafés and pubs here—there's more exploring to do. Take

the lift to **Pymont Bridge**, once mooted to be demolished but saved with the help of the (then) Bicycle Institute of New South Wales. The bridge, scene of past battles for cyclist access, is now a glorious example of the shared use of an historic structure and (in its time) an engineering marvel.

Pymont peninsula shows the high and lows of turning the waterfront

from working to pleasure. There are plenty of waterfront parks to explore and places to visit, but you are being watched by unit dwellers in their waterfront eyries. For a great rundown on waterway history drop into the **National Maritime Museum** at Darling Harbour. By now you have worked up a bit of an appetite so you can have a break at the Harris Café overlooking Elizabeth Macarthur

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Bay or continue around to the **Sydney Fish Market**. Now here's some real activity. You can lock your bike up to railings right where the action is—no need to search for the elusive (car) parking spot like all the other mugs! Work has now been finished on the cycle and pedestrian link around the Glebe foreshore from Blackwattle Bay to **Bicentennial Park** and **Jubilee Park**. Much community sweat went into these parks through the efforts of Leichhardt Council (now part of City of Sydney Council territory). A wonderful bike path crosses the giant span of the **Anzac Bridge**: below it, Rozelle Bay is now occupied by the Sydney Heritage fleet and smaller craft.

You can take a detour using James Craig Rd to have a closer look at the last vestiges of activity at White Bay as well as the old Glebe Island swing bridge. A ramp path will take you back up to the Anzac Bridge cycleway and on to Rozelle. You can peer down on the carcass of the now derelict White Bay power station from Victoria Rd footpath. As you course through Ewington Park to finish at Balmain East Wharf, you can see across to the Water Police wharves. Water Rats on bikes—I'd like to see that!

* stink boats = large motor launches, often belching diesel fumes.

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Spare Parts

Maps/reference: *Bike-it!* Sydney maps 20-21, 28-29; RTA map *Sydney and Parramatta*; Sydway maps 54-56; UBD maps 1-3, 9-12.

Cafés and eateries: Choose from a selection of swanky cafés and restaurants at the Overseas Passenger Terminal, MCA and Circular Quay; stop at the famous Palisade Hotel (currently being redeveloped), Bettington St, or Millers Point for a pub meal with a view; cafés and eateries King St Wharf, Darling Harbour and Cockle Bay; Harris Café at 1 Harris St, Jackson's Landing, Pyrmont; Sydney Fish Markets, Blackwattle Bay (daily 7am-4pm); cafés and pubs along Darling St, Balmain.

Places: Museum of Contemporary Art—at 140 George St, The Rocks, hours 10am-5pm daily except Christmas Day, free admission, see www.mca.com.au; Sydney Aquarium, Darling Harbour, T 133 FUN, www.sydneyaquarium.myfun.com.au, open 9am-10pm daily (closes 6pm Christmas Day), admission adult \$27.50,

child \$14 (cheaper online). Australian National Maritime Museum, 2 Murray St, Pyrmont, T 9298 3777, www.anmm.gov.au, open 9.30am-5pm daily (to 6pm in January, closed Christmas Day), free admission. Pyrmont Bridge—the 369m-long first electrically powered swing-span bridge in the world, the original was constructed in 1853 and the “new” one in 1902. The bridge swing span opens Sat, Sun and public holidays 10.30am, 12, 1, 2 and 3pm.

Sydney Fish Markets: it's the largest of its kind in the southern hemisphere and second largest in the world in terms of variety outside Japan. It has been operating there since 1945. You can ride right up to the waterfront and along the promenade, lock the bikes, then explore the fresh seafood on offer. Great spot for lunch—but the seagulls can be pretty keen! The Markets are open from 7am daily except Christmas Day, most retailers closing at 4pm. If you're up early you could catch one of the tours—6.55am outside Doyles Monday, Thursday and Friday, \$20 per adult, \$10 per child (exact change), bookings are essential on T 9004 1143.

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For more details on the markets see www.sydneyfishmarket.com.au

Bicentennial, Jubilee & Federal Parks: the three parks along the Glebe foreshore mark significant periods in our history—and now are looking in pretty good shape. There are great views of Rozelle Bay and plenty of shade around the enormous Moreton Bay Figs (*Ficus macrophylla*). The historic stands and grounds at Jubilee Park echo to the sounds of a solid game of hockey or soccer. Across Johnston Creek (which often teems with fish on an incoming tide) at Federal Park, an area of mangroves has been established along the shoreline, much to the chagrin of the dog walkers and flat-earthers. A saltmarsh wetland has also been crafted just around the corner towards The Crescent. The foreshore promenades are all shared zones, so take it easy, be patient, and mindful of others using the pathways.

White Bay: that wheeze you can hear is the last gasp of the “working” harbour, goods line and Rozelle rail yards. But this provides a great opportunity to

create a green transport link and urban renewal along this corridor to link with the GreenWay project (see Ride, 4 p??). A massive power-boat storage facility has been approved at Rozelle Bay, so we now seem to be heading down the track of a huge increase in the number of recreational motor boats on Sydney Harbour—resulting in the same problems of congestion and increased greenhouse gases as have happened with our roads.

Markets: Balmain Markets, Darling St, Balmain, (church at cnr Curtis St), 8am-4pm Saturday; Sydney Opera House (Tarpeian) Markets, Western Boardwalk, Sydney Opera House, Bennelong Pt, on Sundays; The Rocks Markets, top of George St, cnr Playfair St, every weekend, and at Jack Munday Park, Friday, Saturday and Sunday, 10am-5pm, T 9240 8717.

Public toilets/water: Circular Quay station; Pyrmont Bridge (plaza level below bridge); Sydney Fish Markets, Pyrmont; Bicentennial Park, Glebe; Ewenton Park, Balmain; Balmain Wharf, Darling St, Balmain.